

KAT Newsletter

LIVE YOUR BEST LIFE

NOVEMBER 2012

UPCOMING EVENTS

11/3: Black Belts Test I / Aurora History Museum Demo

11/10 Elementary School Event

11/11 College Event

11/17: CKTKD Test/Black Belts Test/Self Defense Seminar

11/22-23: Closed for Thanksgiving

12/1 128th Promotion Test

COSTA Forms Event

12/8 Scrimmage of Champions

12/24,25,31,1/1: Closed

12/16-29: Mod Schedule

2/16: Ahmed's Fiesta

3/23: Twin Dragons Tournament

Free Safety/Anti-abduction seminar

It is a terrible thing that child abduction has been in the news lately. There was even an attempted abduction less than 1 mile away from the Aurora Dojang. It's important to do what we can to teach students to be safe. That is why KAT will be hosting a free child safety seminar on November 17th after the black belt test.

Students are invited to



Free Child Safety Seminar
Sat Nov 17th 6-8pm

Guest Police Officer 6-7pm
Martial Arts Safety 7-8pm

Open to the Public! Free!

16850 E. Mississippi Ave. Aurora

bring their friends. The event is also open to non-students.

We will have a presentation from a police officer and then the instructors will practice grabbing the students and trying to drag

them across the floor, while the students will practice the escapes that they have been working on.

We are also planning to have an event in Littleton later on.

New Websites

KAT has entered into a partnership with other schools to promote our new site,

www.coloradomanews.com There is really a lack of comprehensive coverage of martial arts in Colorado, so this blog fills a key niche. Anyone

interested in contributing stories can do so on the site.

We are also creating www.bullyproofcoloradokids.com to help collate anti-bullying resources. If you have your own sites, please introduce links to

these sites. (The bully-proofing site is still under construction)

Thanks!

More Tournament Success

KAT Students rocked several recent competitions, including the Colorado Cup Tournament as well as the

Mile High Open. Ahmed A, Josh K, and Grace K all won \$100 Best Athlete Awards for their sparring in the Colorado Cup. KAT also won trophies for our school's results. Kyra Pottle even won a medal for board breaking, al-



though she had to be bribed with candy from the judge in order to complete her break. See www.coloradomanews.com for all the details.

“Fear of spiders is called arachnophobia. Fear of enclosed spaces is called claustrophobia. Fear of Chuck Norris is called Logic.”

Other Notes

- Master RJ started filming a movie in the Philippines. He will have to be a great actor, as he is playing a bully.
- Master Bill's next novel will be coming out in the middle of 2013. It is a retelling of the war in Heaven between Michael and Lucifer. Go to www.billpottle.com to stay up to date.
- Go to www.kattaekwondo.com/app to get the new KAT smartphone ap. It works on all phones. On iPhones click the arrow in the rectangle and add to home screen.

College Tournament Nov 11th

The Rocky Mountain Collegiate Taekwondo League will have its Fall event on November 11th from 9-1 at the Belle Creek Rec Center in Henderson, CO.

The event is open to current college students and those who have graduated within one year. The cost is \$20 for both forms and sparring (not

each). Can Auraria Campus Taekwondo repeat as league champions?



Elementary School League—November 10th

November 10th will see the return of the popular Colorado Elementary School Taekwondo League (CESTKDL). Will Aurora Quest dominate again? Will Crescent View Academy claim the top prize? Or will a new team hold aloft the cup this year? Competition is held in 5

events - sparring, forms, grappling, breaking, and short demo. For more information or to download the registration form, visit www.kattaekwondo.com/elementary.html



"All war is deception."
Sun Tzu

Word of the Month: Courtesy

Courtesy is one of the tenants of Taekwondo. In short, it means being nice to people. Courtesy is important, because we've all been through those times when there were people that we didn't like, or people that bothered us. However, as martial artists, we still have to show courtesy to those people.

Too much courtesy could also be a bad thing if it causes you to not stand up for yourself. However, whenever in doubt, be courteous. There is a lot of unnecessary hatred in the world, and you don't need to add to it.

There are many people in life who seem to thrive on drama, on 'he said/she said' situations. I've even known some people

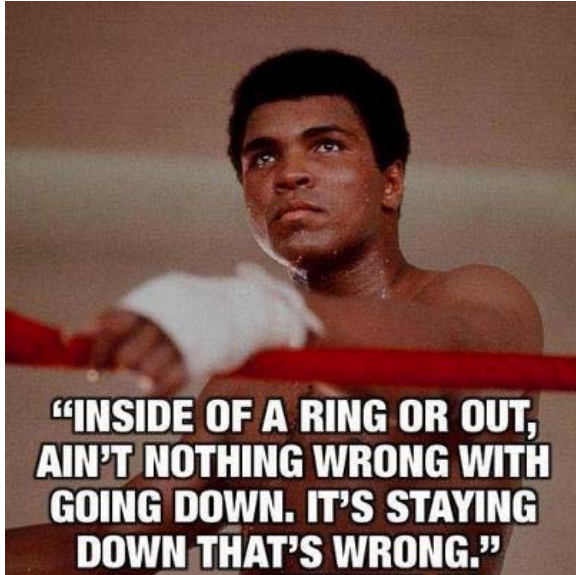
who seemed like they were never happy unless they were complaining about something! If you get involved in these situations, it will eat up your time and energy and you'll never see the end. Courtesy is the simple way for you to get out of arguments and let these people go on their way.

Ins. Jacob G wins Kickboxing Title Fight.

Instructor Jacob has gotten his kickboxing career off to a great start by winning a title fight by unanimous decision. His record is just 2-0, but his first win was so impressive that they sent him to the title

fight when the other contender wasn't able to fight. Give him a big Chook Ha Hahm Nida when you see him!





Don't forget, refer a friend who signs up at KAT and receive a \$25 gift certificate. There is no limit to the number of people you can refer, however family members aren't eligible.

Science Alert: Don't stress!



It's obvious that exercise like martial arts training reduces stress, but how does it work?

Scientists still aren't sure, but they believe that exercise gives your body a chance to 'practice' being stressed out. Your heart beats faster, your muscles break down, etc. This practice sharpens the body systems and their communication, which leads to your body being able to

handle stress. It's thought that norepinephrine is the key chemical that mediates this process.

Reserachers find that much of this chemical is produces by the same brain regions that have to do with mood and emotion. It is also known to modulate the effect of other neurotransmitters. Thus, people who have this system finely tuned don't suffer as many of the negative effects of anxiety

or other conditions.

So next time you are feeling stressed—go work out!